

What are cookies?

Cookies are small text files that are placed on your computer or device when you visit a website. They are widely used in order to make websites work more efficiently and provide basic functionality such as remembering preferences or filling out forms. They are also used to provide information and insights to the owners of the site that help to improve performance and offer a better user experience.

Cookies on <https://crippslife.co.uk>

This site uses cookies. The table below explains the cookies we use and why. We will not use any of this data to personally identify you.

Cookie	Name	Duration	Purpose
Preference cookies	NID	6 months	These cookies are used to remember your preferences.
Session cookies	DYNSRV PHPSESSID JSESSIONID	Session Session Session	These cookies are used for the website to function and to improve the performance of the website.
Security cookies	wordfence_verifiedHuman wfaf* __cfduid	24 hours 12 hours 30 days	These cookies necessary and are used to keep this website secure. It collects your IP address to monitor activity in order to prevent access to any malicious IP addresses.
Google Analytics	_ga _gat _gid _utmz _utma Collect	2 years 24 hours Session Session 90 days 6 months	These cookies are used to collect information about how you use our website. The information collected includes number of visitors, pages visited and time spent on the website. The information is collected by Google Analytics in aggregated and anonymous form, and we use the data to help us make improvements to the website. If you do not allow these cookies we will not know when you have visited our site, and will not be able to monitor its performance. Click here for more information about Google Analytics and your privacy.

Disabling cookies

You can prevent the use of cookies by adjusting your browser settings. Please be aware that some cookies are necessary for the website to function. You can set your browser to block or alert you about these cookies, but some parts of this site and many other sites you visit will then not then work properly as certain functionality and features will have been disabled.

For more information about cookies, visit <http://www.allaboutcookies.org/>